

GARMIN.



VÍVOMOVE TREND

Quick Start Manual

M/N: A04224

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Quick Start Manual

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Introduction

WARNING

See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

Always consult your physician before you begin or modify any exercise program.

Setting Up the Device

Before you can use your device, you must plug it into a power source to turn it on.

To use the vívomove Trend device, you must set it up using a smartphone or computer.

When using a smartphone, the device must be paired directly through the Garmin Connect app, instead of from the Bluetooth® settings on your smartphone.

- 1 From the app store on your smartphone, install the Garmin Connect app.
- 2 Pinch the charging clip .



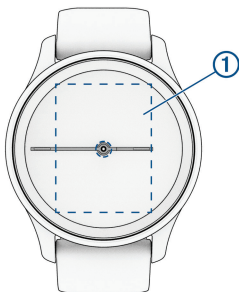
- 3 Align the clip with the contacts on the back of the device ②.
- 4 Plug the USB cable into a power source to turn on the device (page 8).
Hello! appears when the device turns on.
- 5 Open the Garmin Connect app, and follow the instructions to complete the pairing and setup process.

After you pair successfully, a message appears, and your device syncs automatically with your smartphone.

Device Modes

Glance	The watch hands show the current time.
Interactive	The watch hands move away from the touchscreen.
Watch only	When the battery is low, the watch hands show the current time, and the touchscreen is off until you charge the watch.

Using the Device



Double-tap: Double-tap the touchscreen ① to wake the device.

NOTE: The screen turns off when not in use. When the screen is off, the device is still active and recording data.

Wrist gesture: Rotate and lift your wrist toward your body to turn the screen on. Rotate your wrist away from your body to turn the screen off.

Swipe: Swipe the touchscreen to scroll through widgets and menu options. Swipe right to return to the previous screen.

Swipe left to view the controls menu.

Hold: Hold the touchscreen to open the menu.

Tap: Tap the touchscreen to make a selection.

Widgets

Your watch comes preloaded with widgets that provide at-a-glance information. You can swipe the touchscreen up and down to scroll through the widgets. Some widgets require a paired phone.

NOTE: You can use the Garmin Connect app to add or remove widgets.

	The total number of steps taken and your goal for the day.
	The total number of floors climbed and your goal for the day.
	Your intensity minutes total and goal for the week.
	Your current Body Battery™ energy level.

	Your current stress level.
	The total amount of water consumed and your goal for the day.
	Your current heart rate in beats per minute (bpm) and seven-day average resting heart rate.
	Your current respiration rate in breaths per minute and seven-day awake average.
	Controls for the music player on your phone.
	The current temperature and weather forecast from a paired phone.
	Your sleep data for the previous night, including total sleep time.
	Status of your current monthly menstrual cycle. You can view and log your daily symptoms.
	Upcoming appointments from your phone calendar.
	Notifications from your phone, including calls, texts, social network updates, and more, based on your phone notification settings.

Menu Options

You can hold the touchscreen to view the menu.

	Displays the timed activity options.
	Displays the heart rate features.
	Displays the countdown timer, stopwatch, and alarm options.
	Displays the watch settings.

Heart Rate Features

The vívomove Trend device has a heart rate menu, enabling you to view wrist-based heart rate data.



Monitors the saturation of oxygen in your blood. Knowing your oxygen saturation can help you determine how your body is adapting to exercise and stress.

NOTE: The pulse oximeter sensor is located on the back of the device.



Displays your current VO2 max., which is an indication of athletic performance and should increase as your level of fitness improves.



Displays your current fitness age, which is based on your VO2 max., resting heart rate, and body mass index (BMI).



Broadcasts your current heart rate to a paired Garmin device.

Aligning the Watch Hands

If the watch hands do not match the digital time, you should align them manually.

TIP: Alignment of the watch hands may be necessary after an intense workout or a few months of normal use.

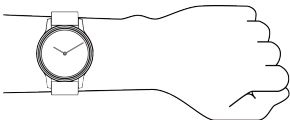
- 1 Hold the touchscreen to view the menu.
- 2 Select > > **Align Hands to 12:00**.
- 3 Tap or until the minute hand points to the 12 o'clock position.
- 4 Select .
- 5 Tap or until the hour hand points to the 12 o'clock position.
- 6 Select .

The message **Alignment Complete** appears.

Wearing the Device

- Wear the device above your wrist bone.

NOTE: The device should be snug but comfortable. For more accurate heart rate readings, the device should not move while running or exercising. For pulse oximeter readings, you should remain motionless.



NOTE: The optical sensor is located on the back of the device.

- See the owner's manual for more information.

Recording a Timed Activity

You can record a timed activity, which can be saved and sent to your Garmin Connect account.

- 1 Hold the touchscreen to view the menu.
- 2 Select .
- 3 Swipe to scroll through the activity list, and select an option:
 - Select  for walking.
 - Select  for running.
 - Select  for a cardio activity.
 - Select  for cycling.
 - Select  for strength training.

- Select  for a breathwork activity.
- Select  for a yoga activity.
- Select  for pool swimming.
- Select  for a treadmill activity.
- Select  for other activity types.

NOTE: You can use the Garmin Connect app to add or remove activities.

- 4 Double-tap the touchscreen to start the activity timer.
- 5 Start your activity.
- 6 Swipe to view additional data screens.
- 7 After you complete your activity, double-tap the touchscreen to stop the activity timer.
- 8 Select an option:
 - Select  to save the activity.
 - Select  to resume the activity.
 - Select  to delete the activity.

Device Information

Viewing Device Information

You can view the E-label, unit ID, software version, and regulatory information.

- 1 Hold the touchscreen to view the menu.
- 2 Press .
- 3 Press **System** > **About**.

Charging the Device



This device contains a lithium-ion battery.
See the *Important Safety and Product*

Information guide in the product box for product warnings and other important information.

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NOTICE

To prevent corrosion, thoroughly clean and dry the contacts and the surrounding area before charging or connecting to a computer. Refer to the cleaning instructions in the owner's manual.

- 1 Pinch the charging clip.
- 2 Align the clip with the contacts on the back of the watch.
TIP: You can use a compatible third-party Qi wireless charger to charge the watch wirelessly.
- 3 Plug the USB cable into a power source.
- 4 Charge the device completely.

Specifications

NOTE: Visit the product page for full specifications.

Operating temperature range: From -10° to 55°C (from 14° to 131°F)

Charging temperature range: From 0° to 45°C (from 32° to 113°F)

Getting the Owner's Manual

The owner's manual includes instructions for using device features and accessing regulatory information.

Go to Garmin.com.sg/products/

wearables/vivomove-trend-black or scan the QR code to download the manual.

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NOTE: This is not a medical device.

IMPORTANT SAFETY AND PRODUCT INFORMATION



WARNING

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Failure to heed the following warnings could result in an accident or medical event resulting in death or serious injury.

Battery Warnings

A lithium-ion battery is used in this device. If these guidelines are not followed, batteries may experience a shortened life span or may present a risk of damage to the device, fire, chemical burn, electrolyte leak, and/or injury.

- Do not expose the device or batteries to fire, explosion, or other hazard.
- Do not disassemble, modify, remanufacture, puncture, or damage the device or batteries.
- Do not remove or attempt to remove the non-userreplaceable battery.

Device Warnings

- To avoid possible device damage, do not leave the device exposed to a heat source or in a high temperature location, such as in the sun in an unattended vehicle.
- Do not operate or store the device for an extended time period outside of the applicable temperature range listed in the printed manual in the product packaging.
- Do not use a power cable, data cable, and/or power adapter that is not supplied by Garmin or is not properly certified.

Health Warnings

- If you have a pacemaker or other internal electronic device, consult your physician before using a heart rate monitor.
- The optical wrist heart rate monitor and pulse oximeter emit lights and flash occasionally. Consult your physician if you have epilepsy or are sensitive to bright or flashing lights.
- Always consult your physician before beginning or modifying any exercise program.

- The device, accessories, heart rate monitor, pulse oximeter, and related data are intended to be used only for recreational purposes, not medical purposes, and are not intended to diagnose, monitor, treat, cure, or prevent any disease or condition.
- The heart rate and blood oxygen saturation readings are for reference only, and no responsibility is accepted for the consequences of any erroneous readings.
- While the optical wrist heart rate monitor and pulse oximeter technologies typically provide accurate estimates of a user's heart rate and blood oxygen saturation respectively, there are inherent limitations with the technologies that may cause some of the readings to be inaccurate under certain circumstances, including the user's physical characteristics, device fit and position, and type and intensity of activity.
- Activity trackers rely on sensors that track your movement and other metrics. The data provided by these devices is intended to be a close estimation of your activity and metrics tracked, but may not be completely accurate.

Safety and Tracking Warning

The assistance feature allows you to send your location to an emergency contact. This is a supplemental feature and should not be relied upon as a primary method to obtain emergency assistance. The Garmin Connect app does not contact emergency services on your behalf. The incident detection feature is only available during certain outdoor activities. For more information, see the device owner's manual.



CAUTION

Failure to heed the following cautions could result in minor or moderate injury, or property damage.

Skin Irritation

Some users may experience skin irritation after prolonged use of the device, especially if the user has sensitive skin or allergies. If you notice any skin irritation, remove the device and give your skin time to heal. To help prevent skin irritation, ensure the device is clean and dry, and do not overtighten the device on your wrist. For more information,

NOTICE

Failure to heed the following notices could result in personal or property damage, or negatively impact the device functionality.

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Battery Notices

- Contact your local waste disposal department to dispose of the device/batteries in accordance with applicable local laws and regulations.

Product Environmental Programs

Information about the Garmin product recycling program and WEEE, RoHS, REACH, and other compliance programs can be found at Garmin.com/aboutGarmin/environment.

Software License Agreement

BY USING THE DEVICE, YOU AGREE TO BE BOUND BY THE TERMS AND CONDITIONS OF THE FOLLOWING SOFTWARE LICENSE AGREEMENT. PLEASE READ THIS AGREEMENT CAREFULLY.

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Limited Warranty

The Garmin standard limited warranty. For more information, go to Garmin.com.sg/support/warranty.

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